



Make Family Health History a Tradition

10 Questions to Ask Your Family at Thanksgiving



1. What traits seem to run in our family? (You don't have to only ask about health, start with anything from your family's blue eyes or curly hair to your height and personality – just get your family talking.)
2. Did any of my family members have a health problem? (Examples: Alzheimer's disease, arthritis, asthma, birth defects, cancer, depression, diabetes, high blood pressure, high cholesterol, heart disease, and stroke)
3. How old were my family members when their health problem started or was diagnosed?
4. How old were my family members when they died? (If you don't know exact dates, ask about the approximate age at death.)
5. What were the reasons they died? (Note if the cause of death was unknown.)
6. Were there any miscarriages, stillbirths, or any babies born with birth defects?
7. Where were my family members born? (Ethnicity can be a risk factor for some health problems.)
8. Did any of my relatives smoke? How much and for how long?
9. What other lifestyle habits did my family members have? (Examples: Did they exercise regularly? Were any overweight or extremely thin? Did any have addictive behaviors, such as drinking excessively?)
10. What types of allergies, whether hay fever, reactions to food, or medications, did family members have?

To order a free Family Health History Toolkit call the Health Resource Line at 1-888-222-2542 or visit www.health.utah.gov/genomics.

References:

- Daus, Carol. Past Imperfect: How tracing your family medical history can save your life. California: Santa Monica Press, 1999.
- MayoClinic.com How to compile your family medical history

Family Health History Toolkit
www.health.utah.gov/genomics